



CAREGIVER CONNECTION

Welcome to Caregiver Connection.

Welcome to the Caregiver Connection Ezine, your source for the most current information about caregiving events, conferences, and issues that are important to you.

There are many events going on this season, so please keep reading and make sure to check online for even more activities around New Jersey.

Please consult our website for more information:
www.njcaregivers.org.



Caregiving Night Launches Ocean County Coaliton



On November 1st in honor of National Caregivers Month the Ocean County Caregivers Coalition held a Caregiving Awareness Night at the Elks Lodge on Washington Street in Toms River from 4:00 to 7:00pm. The free event highlighted the launch of the Caregivers Coalition which will support and advocate for countywide caregivers in the aging, disability and chronic illness communities.

Over 1.1 million caregivers reside in New Jersey. Ocean County leads the state in per capita senior population and is second in number of individuals with disabilities. Caregivers, family members and professionals are invited

to gather to meet vendors, peers and access relevant information. More than 100 coalitions currently exist nationwide, according to the National Alliance for Caregiving.

The event hosted keynote speaker Rosemarie Poverman, a Licensed Clinical Social Worker known for energizing and relating to her audience. Attendees enjoyed door prizes, refreshments and a speaker panel comprised of representatives from the Alzheimer's Association and the disability community as well as Robert F. Brogan, P.C., a certified elder law attorney.



Holiday Stress and Caregiving

While everyone else is enjoying the hustle and bustle and the joy of the holiday season, there are many caregivers out there who just want the whole thing over with. Caregiving creates a level of stress unmatched by most endeavors. Add to that the extra stress of family gatherings, gift buying, cooking, and other obligations and it is almost unbearable. How can caregivers better cope with this stress on top of stress?

The following tips may help you weather the holidays much better:

click [here](#) for tips

Eight Tips For Managing Caregiver Guilt

Guilt is a common feeling in the landscape of caregiving. Guilt can propel you to be the best you can be...or it can

immobilize you.

For caregivers, painful feelings - such as guilt, sadness and anger - are like any other pain. It's your body's way of saying, "Pay attention." Just as the pain of a burned finger pulls your hand from the stove, so, too, guilt guides your actions and optimizes your health.

You have a picture of the "Ideal You" with values you hold and how you relate to yourself and others. Guilt often arises when there's a mismatch between your day-to-day choices and the choices the "Ideal You" would have made. The "Ideal You" may be a parent who attends all of the kids' soccer games. Miss a game to take your dad to the doctor, and you think you're falling short.

[continue reading](#)

Caregivers Holds State House Day



Caregivers of New Jersey observed National Caregiving Awareness Month on November 21st with its annual Meet and Greet. Among the organizations represented at the event were: The Alzheimer's Association of the Delaware Valley, We Work for Health, Autism NJ, Bridgeway Senior Care, United Healthcare and the Department of Health and Senior Services.

Caregivers of NJ announced that it would put special emphasis on the 37,000 NJ caregivers under the age of 18. CNJ wants to see these caregivers identified and supported.

click [here](#) to see the Governor's Proclamation for Caregivers Awareness Month.

Coalition Corner

Essex County

when: December 13, 2011
time: 7pm
where: Verona Community Center
880 Bloomfield Ave., Verona, NJ
contact Deborah Day to register
973-746-4040, x209

Morris County

when: December 14, 2011
time: 9:30-11am
where: Ukrainian American Cultural Center
60 North Jefferson Road
Whippany, NJ 07981



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